

Post Shorts

Recycling schedule

The residential and recycling pickup schedule for March 12, is paper. Put items in paper bags, boxes or bundles and place them on the curb



Daylight saving time begins March 9

The Energy Policy Act of 2005 passed by Congress changed the previous daylight saving time from the first Sunday in April to the second Sunday in March. Clocks should be turned forward one hour before retiring for the night on March 8. Daylight saving time begins 2 a.m., Sunday, March 9.

Women's History Month Art Expo at Perry Point VA

In celebration of Women's History Month, an Artistic Expo will be held 1 to 3 p.m., March 12, at the Perry Point VA Medical Center, building 314, gym. The 2008 Women's History Theme is Women's Art: Women's Vision.

There will be a presentation and discussion, 3 p.m., on "Important Women in Maryland's History" given by Bernadette Low, professor, Community College of Baltimore County at Dundalk.

For more information, to register or to submit artwork, call Melissa Smith, 410-642-2411, ext. 5129 or e-mail Melissa.Smith@med.va.gov.

Patients and employees of Perry Point VAMC and the local community are invited to participate by submitting material for display.

FECA Office Moving

As of March 3, the Workers Compensation (FECA) office has relocated to building 305, 2nd floor, room 236. The FECA office is now located with the rest of the CPAC. The telephone number for Cheryl Adams has not changed - 410-306-1091. Candy Myers is the supervisor of the FECA Program.

For more information, call Myers, 410-278-2037.

Volunteer for Read Across America in March

Soldiers and parent volunteers are needed to read a story (or two) to children at the Aberdeen Area Child Development Center, building 2485, anytime from 9 to 10:45 a.m. through March 21.

In celebration of the 10th annual National Education Association's (NEA) Read Across America Day, Soldier and parent volunteers will

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Partnership effort supports study of eagles



Photo by CHARLES VOLZ, APG WILDLIFE & MARINE LAW ENFORCEMENT

In a joint cooperative effort the U.S. Fish and Wildlife Service, the Aberdeen Proving Ground Directorate of Safety, Health and Environment, and the Center for Conservation Biology at William and Mary College are involved in trapping 64 bald eagles for the purpose of monitoring the nesting and migratory patterns of these majestic national birds. (See page 15 for story.)

Stability operations now part of Army's core mission

Story by
C. TODD LOPEZ
Army News Service

Soldiers have been in Iraq keeping the peace, battling insurgents, protecting civilians and helping to rebuild that country for nearly five years. The Army now recognizes that work, called "stability operations," as part of a Soldier's core mission and made it so in the new field manual for operations, FM 3-0, which will be released later in the week of Feb. 25.

The change comes because the U.S. government has identified that failed and failing states are breeding grounds for terrorists and insurgents, said Lt. Col. James H. Boozell, an Army G3 branch chief for the Stability Operations And Irregular Warfare Division at the Pentagon.

"When local government can't provide the civil security and civil control necessary for its people, terrorists are allowed to thrive," he said. "If we stabilize governance, it will provide the

level of civil security and control that disallows the growth of terrorism and insurgency."

Inside the new operations manual, the Army elevates the status of stability operations, putting it on par with the two traditional core Army missions: offensive and defense operations."

But stability operations are not new for the Army, Boozell said.

"We have actually been doing stability operations for [more than] two hundred years," he said. "But responsibility for lead agency was never assigned; it was never incorporated by United States government agencies. Now, the Department of State has been assigned responsibility for the conduct of stability operations; the military will support. In contested environments, the Army will conduct those operations until it is safe for civilian officials to enter the country, but the State Department will continue to provide guidance."

By adding stability operations as a

third core mission, the Army indoctrinates what it is doing now in Iraq and Afghanistan, and what it has done in the past in places like Bosnia/Herzegovina, Somalia, Haiti and Kosovo.

When combat operations subside, it has a further mandate to create conditions where additional elements of U.S. national power can be applied to help create stable governments and economies.

Stability operations consist of five "lines of effort," including: civil security, civil control, support to governance, provision of essential services and support to infrastructure and economic development.

Those lines of effort mean the Army might provide security in the civilian community until a legitimate civil government is able to assume that responsibility for itself. The Army will help governments rebuild judiciary and corrections systems, provide shelter for persons displaced by war activities, help

prevent the spread of epidemic disease, and assist in developing public infrastructure such as roads, railways, airports and telecommunications systems.

"The Army will work to help establish micro-economic programs to stimulate the economy, stand up police forces and correctional institutions and begin re-establishment of the judicial process," Boozell said.

The Army will also have to redefine what it means when it talks about a successful operation, he said. In the past, success meant the culmination of a successful offensive operation - that may no longer be the case, Boozell pointed out.

"Now that we have a third core mission, it causes us to re-evaluate what is success," Boozell said. "In the case where we are going to do a stability operation, success is no longer the ability to remove the enemy. Success is now the host nation's ability to govern and protect itself."

New DIMHRS affects Soldiers' pay, records, promotions, more

Training scheduled for March 12 and 13 at Post Theater

Story by
RACHEL PONDER
APG News

The Defense Integrated Military Human Resource System, or DIMHRS, will be implemented throughout the Army on Oct. 1.

To prepare for this, Aberdeen Proving Ground will host several information sessions presented by the Army DIMHRS Program Management Office March 12 and 13 at the Post Theater.

"It is important that all Soldiers, regardless of their rank, military occupational specialty or component are aware of this information," said Carol Keys, Work Center supervisor for the Military Personnel Office. "We are trying to get as many Soldiers to come as we can. This will affect all Soldiers, especially the student population, which is huge."

Col. Patrick Devine, who is the Army DIMHRS Office Program Manager and responsible for overseeing the overall program execution, will explain the new system to the Soldiers. The team will be giving a brief overview of the DIMHRS program, the benefits it offers for all service members and how the Service Member Self Service function will be used.

There will also be a special briefing for the Human Resource personnel to explain how they will process or verify member, manager, or system-generated requests.

At a future date, in-depth training will be given to the Human Resource personnel to ensure the proper usage of the program.

Amy McDermott, military personnel information specialist, said that DIMHRS will directly impact Soldiers' records, promotions, in and out

processing, and their pay. Soldiers will also see significant changes with their paystub to include how bonuses and special duty pay are processed, as well as a change in allotments and how the Soldier's twice monthly paycheck is distributed.

"DIMHRS is going to affect every Soldier in every aspect of their military careers," McDermott said. "It will place more responsibility on the individual Soldiers while reducing discrepancies and the amount of time needed to complete transactions."

For more information, visit the DIMHRS Web site <https://www.hrc.army.mil/site/ArmyDIMHRS/index.html> or contact Aberdeen Proving Ground's DIMHRS representatives, Keyes and McDermott, 410-458-2331, or e-mail carol.keyes@us.army.mil or amy.jo.mcdermott@us.army.mil.

Information sessions

March 12

- 8 to 10 a.m. -- General executive overview briefs for all Human Resource, Military Personnel Office and finance professionals
- 10:30 to 11:30 a.m. -- Breakout session with Unit Level Change Champions
- 1 to 2 p.m.-- General overview open to Soldiers and leaders
- 2:30 to 3:30 p.m. -- General overview open to Soldiers and leaders
- 4 to 5 p.m. -- General overview open to Soldiers and leaders
- 6 to 7 p.m. -- General overview open to Soldiers and leaders

March 13

The sessions are the same as March 12 except there is no session from 6 to 7 p.m.

AER - Helping the Army take care of its own

Headquarters, AER

Army Emergency Relief has announced the start of the annual AER Campaign which runs through May 15.

The theme of this year's campaign is "Army Emergency Relief: Strength for Soldiers and their Families."

The purpose of the Army's annual AER Campaign is two-fold according to retired Lt. Gen. Robert F. Foley, director of Army Emergency Relief.

"First, to create greater awareness of the Army Emergency Relief benefits and programs available to Soldiers and their Families," Foley said. He further explained that the campaign provides an opportunity for Soldiers to help their fellow Soldiers by making a donation to Army Emergency Relief and continuing the proud legacy of "Helping the Army Take Care of Its Own."

Aberdeen Proving Ground's AER representatives have volunteered their time to collect money for this cause.

At the AER Kickoff Meeting on Feb. 29, APG Garrison Command Sgt. Maj. Pedro Rodriguez said, "I appreciate the effort you are making to make this program work."

Maj. Mathieu Petraitis, AER campaign military coordinator for APG, said that "AER is a worthwhile program. The money donated is managed well. Donators can be assured that their money is going to help the Soldiers."

Petraitis said that the garrison goal is to raise \$45,000 and he hopes to exceed it this year.

"I volunteered to be an AER representative because I wanted to help the Soldiers," said Staff Sgt. Anthony Andela. "Any donation, even if it is just a dollar, will help."

AER was founded in 1942 in response to Soldiers and their Families needing financial assistance during World War II. Since its founding, AER has provided over \$1 billion in financial assistance in the form of no-interest loans or outright grants.

In addition to emergency assistance, today's AER pro-

See AER, page 8

Wilbert Davis Gospel Night rocks the house, again

Story and photos by
ROGER TEEL
U.S. Army Ordnance Center & Schools

For the past 35 years, Wilbert Davis Gospel Night has brought people together, which is precisely what its originator envisioned.

"Bringing people together, making them realize we are all one nation," Wilbert Davis said as he talked about the importance of the event that carries his name.

"When this started thirty-five years ago, a lot of people didn't want to be involved with religion," he said. "But our country was founded on religious principles, and the best way to bind people together is to use religion. Through music it works, like it has for time immemorial -- from the



Perennial Gospel Night performers, the Mt. Zion Male Chorus, stepped up to deliver another well-received selection, this time wearing blue blazers.

hills of Appalachia to the Delta in Mississippi, to Chicago, to Memphis. Yeah, music brings us together."

This year, the 35th annual Wilbert Davis Gospel Night brought 700 people together Feb. 24 at the Aberdeen Pro-

ving Ground Post Theater.

Event organizer Master Sgt. Gail Brennan, equal opportunity advisor for the U.S. Army

Ordnance Center and Schools, the event's sponsoring organization, said simply seeing

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Gospel

From front page

people turn out makes it a special event.

“You’re never sure if folks are going to come, but every year they pack the house,” Brennan said. “That means it’s important to them – that both Mister Davis, who is an extraordinary man, and gospel night – are important.”

All Gospel Night performers were introduced by the master of ceremonies, Pastor Stephen Lyons from the Bread of Life Church in Aberdeen. Following the invocation by Chaplain (Maj.) Robert Leathers and welcoming comments by Brig. Gen. Rebecca Halstead, the Army’s chief of Ordnance, the program began with a reflective poetry recitation by Brianna Nubine, 9-year-old daughter of Eddy and Patricia Nubine.

She was followed by the Aberdeen dance group Praise & Motion whose quick feet put everyone in a dancing mood.

The Aberdeen High School Gospel Choir next filled the air with song, followed by their leader Lisa Lyons’ uplifting voice of praise. The APG Gospel Service next brought everyone to their feet with the lyrical “I believe it is my blessing, to be of service to my Lord.” Sisters Singing With Anointed Voices, an all-woman group with some hip-hop backup musicians from Aberdeen were followed by the Elkton, Md., duo Sister, encore performers who got everyone on their feet. Perennial performers, the Mt. Zion Male Chorus, gave everyone a thrill in their



Photos by ROGERTEEL OC&S
LaShawna Moore leaves nothing back as she sings songs of praise.

blue blazers, followed by longtime performer LaShawna Moore’s songs of praise.

The Brinson Brothers from Columbia, S.C., featuring the guitar licks of retired Command Sgt. Maj. Sammy Brinson, former commandant of APG’s Noncommissioned Officers Academy, ended the scheduled performances.

After the benediction by Chaplain (Maj.) Robert Thomas, as people milled about and said their good-byes, the tenor saxophone of Eddy Nubine, a member of the U.S. Army Materiel Command Band, carried them to the doors with a soulful rendition of “Amazing Grace.”

Audience members, many who are long time devotees

of the event, referred to the gathering as a sort of reunion for anyone that loves Gospel music.

“We’ve been coming ever since Wil [Davis] was in the military, because I just love gospel,” said Shirley Williams, a 36-year resident of Edgewood. “I’m a Christian lady, too, and when it comes to gospel, I just want to be in it.”

“It’s like a big Family reunion [for the] choirs and communities,” said long-time participant Cynthia Watson, also from Edgewood. “You see a lot of people that you haven’t seen, and it’s just dynamite singing. There has never been a bad program. It’s just awesome. It’s the overall feeling you get from gospel music – it brings us all together,” she added. “And it’s important during Black History Month because it helps us recognize and celebrate our history in music.”

“It’s the music and the feeling you get when they sing,” Watson’s daughter Taxani added. The younger Watson said she’s attended Gospel Night the past 19 years, “since I was six or seven.”

“Our church is singing [the Mount Zion Male Chorus], the gentlemen there in the blue,” her mother pointed out.

“It’s one of them foot-stompin’ things to me,” said area resident Charles Warfield, a participant the past 10 years.

“It’s uplifting -- a nice, spirit-lifting show they put on every year,” Truman Testamark said. He and wife Barbara have attended the past eight years.

“I love the singin’,” Barbara added. “They’re the best. I also see new talent here, too.

She lamented the fact she can’t dance like she used to.

“I got a bad knee and can’t get up like I want. But I just love it!”



Retired Command Sgt. Maj. Sammy Brinson of the Brinson Brothers returned to Wilbert Davis Gospel Night after a year’s hiatus. “There’s no place I’d rather be than right here with you,” Brinson said.



Young dancers with Praise & Motion from Aberdeen got everybody moving their feet.



Anthony Wright holds his granddaughter, Gabrielle, as his wife Judy, daughter LaShawna, and son-in-law Dwayne Moore, prepare for a family photo at the 35th annual Wilbert Davis Gospel Night at Aberdeen Proving Ground Feb. 24.

All in the Family

Story and photo by
ROGER TEEL
U.S. Army Ordnance Center & Schools

Anthony Wright was a young Soldier from Brooklyn, N.Y., when he and his wife, Judy, from Anderson, S.C., first came to Aberdeen Proving Ground in 1980.

Wright left the Army in 1985.

“After seven years and eight months in the service, it was a tough call [to get out], but I wanted to stay in this area,” he said. “I’ve been here since 1980 and coming to this show [the Wilbert Davis Gospel Night] every year since about 1982,” he said.

He may never stop. His daughter, LaShawna, has been a featured Gospel Night performer since she was 13 years old, and a part of the show since she was 4.

LaShawna married Dwayne Moore (from Oxon Hill, Md., in May 2003) and the Family firmly believes the Moore’s 2-year-old daughter, Gabrielle, will soon get into the act.

The Gospel Night experience is special, Wright said.

“It’s a chance to get in touch with our roots, basically, through the gospel music experience. There are some great acts that come here,” he said.

“Bringing people together is important every month, not just Black History Month,” Wright said. “It’s very important to bring the community together as a whole -- not just Blacks, but everybody.”

“Gospel music has blessed my Family for centuries,” said Judy, adding her take on the importance of music in her Family.

“My roots go back to a special singing group named The Gertrude/Clara Ward Singers of Philadelphia, from my father’s side of the Family.

“As a child, I grew up in South Carolina listening to the great sounds of gospel music. It was a part of my every day routine. Each Sunday evening, I sang with my sisters on our church’s musical program,” she said.

“My Family has been blessed with great

musical gifts. Singing and playing piano was always a pleasure you could find in our home and continues to this day. Yes, LaShawna has been gifted to sing as she does from a long list of gospel giants, and it will continue in her daughter, Gabrielle.

“I have enjoyed the experience of being featured with my girlhood church choir, Refuge Temple Church of God In Christ, for most of my youth and young adulthood, then as a solo artist in recent years,” LaShawna said.

“It has been an honor to grace the stage where the great Lumzy Sisters of Mississippi, The Gospel Ambassadors of Delaware, and many others have ministered. I am inspired by Mr. Davis’ vision and pray that his efforts continue for many years to come,” Judy said.

“I would love to see my own daughter follow behind me in celebrating Black History in song on Wilbert Davis’ Gospel Night,” LaShawna added.

“It is something about Gospel music that impacts one’s life and continues as you get older. The spiritual hymns and even now the contemporary sounds help one to realize, all things are possible,” Judy added.

“I hope that the Gospel program will continue in this area with much more exposure because it brings a certain unity to this community and bridges the gap of all people,” Judy said. “I remember the program years ago, listening to the great sounds of The Harris Family Singers, the Mount Zion Male Chorus, The Lumzy Sisters, The Gospel Ambassadors, and still today Sergeant Major Sam Brinson, and a new group named Sisters Singing with Anointed Voices of which I am a member.

“I appreciate this program and the people assigned to bringing to the forefront the choirs and soloists, which reach the hearts of many. And I wish much continued success to the sponsors and to Wilbert Davis for making a difference so many years ago,” she said.



Local Soldiers and members of the Freestate Challenge Academy, a National Guard Youth Challenge Program, were on their feet, dancing and applauding the performances.

APG News

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Well-Being covers wide range of activities

Story by
RACHEL PONDER
APG NEWS

The Feb. 21 Well-Being Council meeting focused on a wide range of programs and activities for the Aberdeen Proving Ground community.

Garrison Command Sgt. Maj. Pedro Rodriguez led the meeting.

Rodriguez announced that the housing waiting list is at zero.

“We have some funds to get ready for the summer surge, so we can get ready for the people coming in,” he said.

Rodriguez added that when a Soldier moves in they sign a statement saying that they will paint or clean their living quarters when they leave. He said he does not want to move Soldiers into the quarters if they are not 100 percent cleaned and painted.

“If a Soldier claims they are not being treated fairly we always look,” said Rodriguez.

Rodriguez mentioned that spring clean up will be in the late part of April.

“DIO is doing an inventory to make sure we have enough equipment in order to clean the quarters, just like fall clean up, which I think went real well,” said Rodriguez. DIO will send out e-mails when we know the date.”

He also said that all vehicles on the instillation must be registered or they will be ticketed.

Rodriguez reminded attend-

ees that the Ordnance Center and Schools conducts a daily retreat as part of their training. He cautioned drivers to be especially careful during retreat.

“If you see someone that is not rendering proper respect to the flag, educate them in a courteous way,” he said.

(A future article in *APG News* will explain proper behavior during retreat.)

Rodriguez also discussed runner safety issues. There will be an upcoming runner safety campaign to educate drivers and runners. Runner routes will be updated, and areas that runners are not allowed to run will be clearly marked. There will be maps identifying these areas.

There will be a list of “do’s and don’ts” for runners and walkers on the installation.

“We have a lot of folks that are walking during lunchtime. Anytime you are walking or running on the installation you need a reflective belt,” Rodriguez said.

“We are going to start enforcing this once we get this campaign underway. You should not be running or walking on the road while wearing headphones, and drivers must slow down when you see the walkers and runners.”

Belts are now available at all recreation centers.

Commissary

Anne Morrison, Defense Commissary Agency, informed attendees that the new cash

register system is running. She encouraged everyone to use the self-checkout lanes. “There is always someone close by to assist you if you run into a problem.”

KUSAHC

Col. William Rice, commander of Kirk U.S. Army Health Clinic, apologized for the long lines at the pharmacy. He said the pharmacy has two pharmacists, and one vacancy, he is actively looking for a new pharmacist.

He reminded attendees that uniformed Soldiers should maintain military bearing while waiting for their prescriptions to be filled. He also asked for patience and understanding from non-uniformed Soldiers.

“Reputation goes a long way,” Rice said.

To cut down on wait time, he added that complaints should not be brought to the pharmacist at the window, but instead directed to patient advocate Deborah Dodsworth.

Patients can now enroll to use REX, the new automated refill system, at the pharmacy window. He asked attendees to please be patient, because this is the first machine of its kind in the Army.

Rice reminded attendees that they can change their primary care manager online by going to <https://www.hnfs.net>. He added that they have to know ahead of time what doctor they need because it isn’t listed online.

“Thank you very much for using TRICAREOnline. We are now second in the Army as far as the percentage that use it,” Rice said. “It looks like we are going to be granted access to design TRICAREOnline to make it more user friendly for you.”

There is a post-deployment group session that meets at the Post Chapel every Wednesday at 4 p.m. This program is for anyone who was recently deployed and wants to talk through some issues. There is a social worker and chaplain to help. Take advantage of this service.

The Periodic Health Assessment, which will be conducted every year, is replacing the periodic physical that they did every 5 years. They will start in April. KUSAHC is working out the details right now. PHAs will be scheduled through the primary care manager.

Rice said that KUSAHC is trying to narrow down appointments that they must do, like PHAs, and appointments they can send out.

KUSAHC cannot refer routine appointments.

Rice mentioned that “no shows” are hard to tolerate right now, because of the staff shortage.

He said that not only are “no shows” a waste of time and money, they impact others needing attention. He said someone out there with a health problem needs to see a doctor

and they could have used that for using TRICAREOnline. In addition, now the “no show” will probably want another appointment.

Rice said that flu shots are still available. About 93.4 percent of the Soldiers have been vaccinated. He said it is a useful vaccine to get.

FMWR

Linda Edwards, acting FMWR director, announced that Easter brunch will be held at the Top of the Bay 10 a.m. to 2 p.m. Sunday, March 23. Reservations are required. The

cost is \$19.95 for adults, \$9.95 for children 5-11, children under 5 are free. Reservations are required by March 20. If you would like to make reservations please call the chapel today 410-278-3062, or 410-278-2552. For a detailed menu check the Web site, <http://www.apgmwr.com/>.

Edwards said there will be new lunch hours and a new menu at the South Side Grill. The menu will feature casual dinning with a Tex-Mex

See WELL-BEING, page 8

AAFES NEWS

AAFES delivers valuable learning experience to students who “Make the Grade”

AAFES

The Army & Air Force Exchange Service is extending a host of straight “A” savings to military students who are demonstrating above-average academic achievement.

As part of AAFES’ “You Made the Grade” effort, students who maintain a “B” average are eligible to receive a variety of complimentary exchange offers for every qualifying report card they bring home.

The current “You Made the Grade” booklet includes coupons for a free Burger King Hamburger Kids meal, complimentary admission for two to the nearest Reel Time movie theater and a free magazine from the local BookMark. In addition to money saving offers, the booklet also contains an entry form for a quarterly savings bond drawing in which three winners are randomly awarded savings bonds of \$2,000, \$3,000 or \$5,000.

““You Made the Grade” offers a practical learn-

ing experience for AAFES’ youngest shoppers,” said AAFES’ Commander Brig. Gen. Keith Thurgood. “The coupons and the sweepstakes are tangible examples of how it pays to be smart and work hard in school.”

To receive the AAFES “You Made the Grade” booklet, students simply present a valid military ID card and proof of an overall “B” or

better average to their local BX/PX.

“Students should bring their reports card or a copy of it to the exchange when they come to pick up their coupon book,” said Debbie Armendariz, main store manager, APG Exchange.

Students may receive one coupon package for every qualifying report card, but may enter the savings bond draw-

ing only once per calendar quarter.

For more information, military Families can contact Armendariz, 410-272-6828.

Local Girl Scout troop boosts morale overseas



Photo by CARON JACKSON, 20TH SUPCOM (CBRNE)
Rachel Hedge, left, and Kelly Eckard from Teen Girl Scout Troop 512 create custom-made cards for 20th Support Command (CBRNE) Soldiers deployed overseas.

Story by
JONI PLATT
U.S. Army 20th Support Command (CBRNE) Public Affairs

There are countless ways to show appreciation for the sacrifices U.S. Soldiers make everyday for the nation and its freedom. To show their thanks, Teen Girl Scout Troop 512, from the western half of Cecil County, designed, creat-

ed and sent custom-made cards to 20th Support Command (CBRNE) Soldiers deployed overseas during the holiday season.

Caron Jackson, a manpower analyst from the 20th Support Command (CBRNE) is the Teen Girl Scout troop leader.

"While many Families were home celebrating Thanksgiv-

ing and Christmas, our Soldiers were serving overseas on bases thousands of miles away from home and Family," Jackson said. "All it takes is one card or letter to lift the spirits of a Soldier so far from home."

For Teen Girl Scout Troop 512, with members ranging from 12 to 18 years of age, this was their first experience send-

ing cards to troops deployed overseas.

Over a period of two months, the girls made more than 150 cards using recycled materials collected from various sources.

"We are pleased to see young people such as the Girl Scouts being so considerate and caring toward our Soldiers," Jackson said. "It makes me proud to know that that our children have such characteristics and hopefully they'll be able to maintain them throughout the course of their lives."

Jackson has been a Girl Scout troop leader for 12 years. She volunteered for the position when her daughter Angie was a Girl Scout herself.

"My volunteer work with the troop includes leading and guiding older girls who plan their own activities, camping and fun trips, meals, service projects, and special events," she said.

Although they didn't do it for the recognition, the girls have already received two overseas responses for their efforts. The 7th Chemical Company (BIDS), currently deployed in support of Operation Iraqi Freedom, sent a certificate of

appreciation signed by Capt. James H. Scott, unit commander, and 1st Sgt. Ronald F. Hilaire, in recognition of their support and generosity.

The 23d Chemical Battalion, also currently deployed in support of OIF, sent the girls a card signed by Lt. Col James E. Bonner, commander of the 23d Chem Bn, and Command Sgt. Maj. Matthew D. Barnes in recognition of their support.

"The act of kindness and generosity demonstrated by Troop 512 lets our Soldiers know the service and sacrifices they make to keep us free and safe are appreciated," said Sharon Chapman, Family Readiness Support Technician for the 20th Support Command (CBRNE). "We don't want people to forget what these Soldiers have done for us."

Girl Scout troop 512 is currently in the midst of their annual cookie sale. Their local council cookie promotion is

from January to March every year. Not everyone can show their appreciation to our troops by sending 150 hand-made holiday cards; everyone can buy an extra box of cookies for a Soldier though.

The Girl Scouts of the Chesapeake Bay Council also runs a special program called "Operation Taste of Home." As part of the sales promotion buyers are encouraged to purchase boxes of cookies to be sent to troops deployed overseas. Since 2003 over 100,000 boxes of Girl Scout cookies have been donated to the USO for our Armed Forces.

While the Girl Scouts of America have been around since 1912 their core values and principles are everlasting. The vision of making the world a "better place to live" is one that continues to inspire, challenge and empower girls here at home and all over the world every single day.

Chapel News

Strong Bonds comes to APG

By
CHAPLAIN (MAJ.) FRED TOWNSEND

As members of the world's premier fighting force, Army Soldiers sacrifice for our country every day - so do their loved ones. Military life places extreme hardship on relationships, especially in wartime, so the Army—backed by Congress—has committed unprecedented resources to help Soldiers build stronger Family relationships through the Strong Bonds Program.

For the Army to be Army Strong it must build STRONG FAMILIES.

Strong Bonds is fully-funded and Chaplain-led with the support of the commander. Soldiers and their Families attend a retreat - three day/two night training - with others who have recently deployed or are interested in continued support of a healthy couple's relationship.

During this three-day retreat, Soldiers and Families participate in small group activities that reveal common bonds and nurture friendships. This shores up spousal support at home, which can be vitally important while the Soldier is away. In addition, Soldiers and Families gain awareness of community resources that can assist with concerns about health and wellness, even crisis intervention.

Strong Bonds empowers Soldiers and their loved ones with relationship-building skills, and connects them to community health and support resources. It is a holistic, preventative program committed to the restoration and preservation of Army Families, even those near crisis. The program is initiated and led by the Army Chaplains. More than 90 percent of those who have attended the program rate it positively.

Strong Bonds participants not only bond with their loved ones, they bond with other Army Families, chaplains and the Army community as a whole. As a result Soldiers realize that they're not in this alone. They have an entire

Army of support, both on duty and off.

This program is one of the Chaplain Corps' key deliverables to the Army at war.

Strong Bonds continues to aim at increasing Soldier readiness by increasing skills in building and maintaining lifelong relationships.

Recognizing the importance of Family support, the Army introduced the program Building Strong and Ready Families in 1997. Initially, 90 active-duty couples participated in four events. Since then, more than 30,000 couples have attended over 1,300 events. The program's success has led to increased funding, expansion Army-wide, and more training options.

Whether dealing with diapers and night feedings, recitals, soccer or drivers training, the responsibilities of child-rearing can be especially difficult for military Families. Daily routines can become overwhelming when Soldiers' Families are faced with long separations, frequent relocations, deployment or just plain daily life in the military.

The *Strong Bonds* Family program was developed by the Chaplains Corps to say "Thank You" for the sacrific-

es Families make every day. They understand the unique stresses of military life and want to serve the military Family through this off-post weekend retreat.

The Family and the Soldiers will gain skills to help sustain healthy interactions throughout the trials of Army life. In

addition to relevant teaching and skills training, there is a time for relaxation, recreation, fellowship, and fun.

For more information, call Chaplain (Maj.) Fred Townsend, 410-278-4333, main post chapel; Aida Rivera, 410-278-7478, ACS or Joseph C. O'Rourke, 410-278-1755.

A Taste of Home away from home

All AIT students, single and unaccompanied members from all armed services are invited to enjoy "A Taste of Home," 5:30 p.m., March 9, at the Aberdeen Area Chapel, Fellowship Hall.

The APG Catholic Women of the Chapel will host a delicious dinner to be served to military personnel stationed at APG who ordinarily do not get a home-cooked meal. A variety of entrees, salads, side dishes, deserts and beverages will be available.

For planning purposes, an RSVP is not essential but would be greatly appreciated.

For more information or to RSVP, call Librada Peters, 410-864-8815; Kathleen Santana, 410-273-7358; Cathy Day, 410-937-2617; and Bernadette Kovalsick, 410-322-5206.

Visit
APG News
online at

www.
apgnews.
apg.army.mil

Community Notes

FRIDAY AND SATURDAY
**MARCH 7 AND 8
VOLUNTEER
RECRUITMENT OPEN
HOUSE**

Opportunities to volunteer abound at the Anita C. Leight Estuary Center, from desk aide to teen marsh mucker to wildlife population monitor to education volunteer. Individuals looking for a meaningful volunteer opportunity should attend an overview of the program and talk to volunteers and staff about specific volunteer projects. Try some of the jobs. Attendees will receive a goody bag and there will be a drawing for a free T-shirt. This free program will be held 10 to 11:30 a.m. on March 7 and 1 to 2:30 p.m. on March 8 for ages 11 through adult; ages 11 to 13 must be accompanied by an adult. Registration is required. For more information, to register or for directions to the center, call 410-612-1688.

SATURDAY
**MARCH 8
17TH ANNUAL MARSH
CLEANUP**

Join the Izaak Walton League of America, Harford County Chapter, for their annual spring marsh clean up. Wear boots, gloves and bring a trash bag. Adult leaders are needed. A great opportunity for scout troops and school community service hour credits. Troops are welcome to sign up as a group. The event will be held rain or shine. Meet at the Bosely Conservancy. This free program will be held 9 a.m. to noon for ages 8 through adult; ages 8 to 13 must be accompanied by an adult. Registration is required. For more information, to register or for directions to the Anita C. Leight Estuary Center, call 410-612-1688 or 410-879-2000, ext. 1688.

**2008 EXPO FOR
TRANSITIONING
YOUTH**

The 2008 Expo for Transitioning Youth will be held 8:30

a.m. to 1 p.m. at the New Life Center located at Mountain Christian Church, 1824 Mountain Road, Joppa. The expo will be held for teens and young adults with special needs facing the challenges and opportunities of transition into adulthood. The event is free. Workshops include Picture Yourself in College; So You Want to Drive?; Building a Better Relationship with Your Money and more. The expo is sponsored by the Harford County Commission on Disabilities, the Harford County Public Schools' Office of Special Education, the Arc Northern Chesapeake Region, Abilities Network, the Bel Air Office of the Division of Rehabilitation Services, the Office of Mental Health and the Harford County Local Management Board. For more information or to register, visit www.harford-countymd.gov/services/disabilities, call Sharon Grzanka, 410-638-3373 voice/TTY or e-mail disability@harford-countymd.gov.

**NATURALLY
COLORFUL EGG DYING**

Learn to use some naturally occurring dyes while coloring the six hard-boiled eggs brought from home. This program will be held 2:30 to 4 p.m. for ages 8 through adult. Cost is \$3 per person. Registration is required. For more information, to register or for directions to the Anita C. Leight Estuary Center, call 410-612-1688 or 410-879-2000, ext. 1688. or 410-879-2000, ext. 1688.

**SUNDAY
MARCH 9
AUXILIARY OFFERS
SUNDAY BREAKFAST**

The Ladies Auxiliary of VFW Post 5337, 3706 Pulaski Highway in Abingdon offers breakfast the second Sunday of each month, 8 to 11 a.m. The cost is \$6. The menu includes choice of eggs (any style), bacon, sausage, chipped beef gravy, home fries, toast, pancakes, French toast sticks, grits, cereal, fresh fruit, coffee, juice, milk and orange juice. Proceeds

benefit VFW programs. For more information, call Linda MacArthur, 410-676-4456.

**HAND PAINTED
UMBRELLA**

Shower creativity on a plain Jane umbrella and be prepared for those April rains in high style. An umbrella and all materials are supplied. This program will be held 2:30 to 4 p.m. for ages 8 to adult, 8 to 12 must be with an adult. Cost is \$5 per person. Registration is required. For more information, to register or for directions to the Anita C. Leight Estuary Center, call 410-612-1688 or 410-879-2000, ext. 1688.

**MONDAY
MARCH 10
BRAC TOWN HALL
MEETING SET FOR
ABERDEEN**

Harford County Executive David R. Craig and the Harford County Office of Economic Development will host a BRAC Town Hall Meeting, 6:30 p.m., at the Aberdeen High School Auditorium. Topics will include an APG

update by Col. Jeffrey Weissman, APG Garrison commander; transportation; education and workforce development; Harford County Sheriff Jesse Bane will speak about public safety, health and community; James C. Richardson, director of Economic Development, will give a briefing on what his office is doing to reach out to incoming organizations and individuals as they prepare for their move to the area. Craig will conclude the evening with a question and answer forum to personally address the most-asked BRAC-related questions from the public. The meeting is free and open to the public. For more information, call the Harford County Office of Economic Development, 410-638-3059 or visit web site, www.harfordbusiness.org.

**TUESDAY
MARCH 11
AUSA CHAPTER
HOLDS MONTHLY
MEETING**

The Susquehanna Chapter of the Association of the United States Army will hold its monthly meeting 11:30 a.m. to 1 p.m. at the Clarion Hotel, 980 Hospitality Way, in Aberdeen. The guest speaker will be Staff Sgt. Gary Heffernan, an Iraq War veteran from Fort Hood, Texas, who is currently serving with the Army's 'Why We Serve' speakers program. AUSA members and prospective members are encouraged to attend this, the first meeting of the year. Contact information and planned events and activities will be discussed. Cost for lunch is \$15, cash or checks only. Make checks payable to AUSA. To make reservations no later than March 3, call Valerie Kutchner at 410-273-5451 or e-mail: vlk@orsacorp.com For more information, contact chapter president Mary Jernigan at 410-569-7313, EXT. 13, or e-mail her at mjernigan@quantum-intl.com.

**SATURDAY
MARCH 15
ST. PATRICK'S DAY
DINNER AND DANCE**

American Legion Edgewood Service Post 17, located on 415 Edgewood Road will hold a St. Patrick's Dinner and Dance, 6 to 11 p.m. Dinner will be served 6:30 to 8 p.m. Tickets cost \$20 per person or \$35 per couple. Dinner includes corned beef/ham, cabbage, potatoes, green beans and dessert.

**WHITE-TAILED DEER
SURVEY**

Harford County seems to be experiencing explosive population growth, and not just with humans. Help determine if the deer population of Leight Park and the Bosely Conservancy is a healthy size. Come get the scoop on poop and conduct pellet (deer scat) counts out on the trails to determine how many deer call the park home. This program will be held 9 a.m. to noon for ages 16 to adult. The program is free but registration is required. For more information, to register or for directions to the Anita C. Leight Estuary Center, call 410-612-1688 or 410-879-2000, ext. 1688.

**HERP SURVEY AND
COVERBOARD STUDY**

Become a citizen scientist at Leight Park. Learn to identify reptiles and amphibians found locally, and practice survey techniques using coverboards and study quadrants. Sign up for a survey team that will check the sites once a month, March through October. Twelve volunteers are needed for two hours a month. This free program will be held 1 to 3 p.m. for ages 11 to adult; ages 11 to 13 must be accompanied by an adult. Registration is required. For more information, to register or for directions to the Anita C. Leight Estuary Center, call 410-612-1688 or 410-879-2000, ext. 1688.

(Editors Note: More Community Notes can be seen at www.apgnews.apg.army.mil under Comm. Notes.)

Post Shorts

APG closing announcements

If the installation is closed, is experiencing a delay in opening or if liberal leave is in effect due to weather or other emergency situations, check for postings on the local television and radio stations, WAPG-TV Channel 21 (on Aberdeen Proving Ground) or call 410-278-SNOW (7669).

A recorded telephone message will contain updated information and should begin at about 5 a.m.

Announcements about federal offices in the greater Baltimore metropolitan area do not apply to Aberdeen Proving Ground; listen for those that name APG specifically.

For general information, call the APG Public Affairs Office, 410-278-1147.

Station	Frequency	Location
WAMD	AM 970	Aberdeen
WXCY	FM 103.7	Havre de Grace
WBAL	AM 1090	Baltimore
WIYY	FM 97.9	Baltimore
WPOC	FM 93.1	Baltimore
WDEL	AM 1150	Wilmington, Del.
WSTW	FM 93.7	Wilmington, Del.
WSBA	AM 910	York, Pa.
WARM	FM 103.3	York, Pa.
WROZ	FM 101.3	Lancaster, Pa.
WBAL-TV	Channel 11	Baltimore
WMAR-TV	Channel 2	Baltimore
WBFF-TV	Channel 45	Baltimore
WJZ-TV	Channel 13	Baltimore

each read for 15 minutes at the CDC.

Each volunteer is asked to sign up for a 15-minute time slot.

Children range in age from 18 months to 6 years old. Walk-ins will not be turned away, but scheduling is preferred.

Volunteers who provide their e-mail information will receive an e-mail reminder of their scheduled time.

Bring a favorite story or one will be provided.

For more information or to volunteer, call Wendy Kosik Chaney, president, Parent Child Care Association (PCCA), 410-306-0901, e-mail apg_pcca@yahoo.com.

Dining facilities serve Irish specialty meal

The Irish Specialty Meal will be held in the Aberdeen and Edgewood Area dining facilities, buildings 4503, 4219 and E-4225, 5:30 to 7:00 p.m., March 18. During this event all military personnel, Family members, Department of Defense civilians, retirees and guests are invited to dine.

The standard meal rate of \$3.85 applies to any officer, enlisted member, and Family member of sergeant or above, DoD civilian, retiree and their guests. The discount meal rate of \$3.30 applies to spouses and other Family members of enlisted personnel in ranks private through specialist/corporal.

The Irish Specialty Meal Menu includes: potato and leek soup, Shepperd’s pie, glazed corned beef, Irish chicken snd dumplings, fish and chips, Dublin coddle (bacon and pork sausage) boiled red potatoes with dill, freedom fries (chips), steamed cabbage, seasoned carrots, pickled beet & onion salad, creamy cole slaw, assorted salad bar, hot rolls, assorted breads, assorted desserts, soft serve ice cream with assorted toppings, assorted condiments and assorted beverages.

Note: Menu is subject to change without prior notification.

For more information, call Edward Parylo or Ernest Green at 410-306-1393/1398.

Registering for the Bataan Memorial Death March

The 19th Annual Bataan Memorial Death March will be held at White Sands Missile Range, N.M., March 29, in honor of the heroic service members who defended the Philippine Islands during World War II, sacrificing their freedom, health and, in many cases, their very lives.

The event is open to military (active duty, Reserves, National Guard, ROTC, JROTC or retired) and civilian teams and individuals in either heavy or light divisions.

Participants may choose either the green route (26.2 miles) or the blue route (15.2 miles) where elevation varies from 4,100 to 5,300 feet. The blue route is designated for participants who would like to memorialize Bataan but do not wish to march the full

26.2-mile route.

Mail-in registration must be postmarked no later than March 16. On-Line Registration closes midnight (Mountain Standard Time) March 23.

For more information or to request a mail-in form, call the White Sands Missile Range Community Events Office, 575-678-1256. E-mail questions and comments to bataan@conus.army.mil. E-mail questions regarding rules to bataanrules@conus.army.mil.

‘Retired Federal Employees’ meets March 19

Susquehanna Chapter 1522 of National Active and Retired Federal Employees Association for Harford and Cecil Counties will meet 11:30 a.m. at the Havre de Grace Methodist Church social hall located on Congress and Union Avenues. A light lunch with potluck will be served. Guest speaker Roy White of Edward Jones will discuss “Investing in Retirement”. A business meeting will follow at 1:15 p.m.

For more information or for reservations, call 410-939-3973.

CPR, AED classes available

The Aberdeen Proving Ground Fire and Emergency Service is offering CPR and automated external defibrillator classes on APG.

Two classes will be held 9 a.m. to noon and 1 to 4 p.m., the third Wednesday of each month.

In the Edgewood Area, classes will be held at the Gunpowder Club, building E-4650 in the Osprey Room, on April 16, June 18, Aug. 20, Oct. 15 and Dec. 17.

In the Aberdeen Area, classes will be held at the Post Theater, March 19, May 22, July 16, Sept. 17 and Nov. 19.

Class size will be limited to 30 participants and will be filled on a first-come-first-serve basis. Pre-registration will be required.

For more information or

to register, call Raymond Campbell, 410-306-0566, or e-mail Ray.Campbell@apg.army.mil.

GEMS accepting student applications

Registration for the summer 2008 Gains in the Education of Mathematics and Science program at the U.S. Army Research Laboratory is now open for students currently in grades 6 through 10. Students currently in grades 11 and 12 will be considered for the program only if they have not previously participated in GEMS.

The GEMS program gives a diverse group of middle and high school students the opportunity to do hands-on experiments with scientists and mathematicians in a government laboratory. The goals of the program are to motivate students in their study of math and science and to inspire them to consider careers in those fields.

The program is limited to 112 students (28 per week).

Registration will close March 22. Letters of acceptance will be sent out by April 25.

For more information or to register, visit the U.S. Army Educational Outreach Program Web site, <http://www.usaeop.com>. GEMS is listed under “High school programs.” Look for the location link for the ARL-APG program) - or contact Krissy Turner, 410-306-1008, or e-mail krissy.turner@us.army.mil.

Free PTSD seminar

A free Post Traumatic Stress Disorder seminar will be held March 30 at the Lisner Auditorium, George Washington University located at 2121 I Street NW, Washington, D.C.

The Uniformed Services Branch of the American Psychiatric Association, The American Psychiatric Association, National mental health non-profit NARSAD and the Washington Psychiatric Society will also co-sponsor the event. The symposium is appropriate for both the layman and expert.

Speakers include retired

Gen. Gordon Sullivan; Robert Ursano, M.D., chief of Psychiatry at the USUHS; Gen. Loree Sutton, a psychiatrist and the new director of the DOD Center for Psychological Health and Traumatic Brain Injury; and Yuval Neria, Ph.D., associate professor of Clinical Psychology, Department of Clinical Psychology, Columbia University.

Reservations are recommended.

For more information or for reservations, call Trish Veatch, 703-535-1577 or e-mail tveatch@narsad.org

MCSC offers scholarships

The Military and Civilian Spouses’ Club (MCSC) is accepting applications for scholarships. Scholarship categories for the 2008-2009 academic year include high school senior, undergraduate student, graduate student and non full-time, continuing education or technical program student.

Applications are available for download at www.apgmcsc.org. Applications must be mailed to MCSC-Scholarships, 2806-A McCloskey Road, APG, MD 21005 and postmarked by April 10 to be considered. Applicants are required to be either a current MCSC member or family member to apply.

For more information, call Colleen Shull, 410-435-1526.

ROA scholarships available

The Reserve Officers Association offers \$500 merit-based scholarships for both undergraduate and post-graduate study at accredited colleges and universities. Undergraduate scholarships are available for children and grandchildren of ROA members; and graduate scholarships are available to ROA members. Sponsors must be ROA members and membership is available to any active, reserve, retired, or former Officer who served in the Army, Navy, Air Force, Marine Corps, Coast Guard, Public Health Service or NOAA. Application deadline for the 2008-09 school year is April 10. ROA membership and scholarship applications are available at www.ROA.org.

For more information, e-mail questions to grallen@comcast.net.

MCSC accepting welfare requests

The APG Military and

Civilian Spouses’ Club is currently accepting requests for welfare funds.

Throughout the year, the club raises funds to provide scholarships and welfare monies to local schools, organizations, non-profit agencies, etc.

In order to be considered for the welfare funds (which will be distributed in May), a letter, postmarked by April 15 should be mailed to MCSC-Welfare Chairperson, 2806-A McCloskey Road, APG, MD 21005.

The request letter should

include: purpose of the funds, amount being requested and point of contact.

For more information, e-mail Susan Burnett, rhetor-swb@aol.com.

New hours for the VTF

The Veterinary Treatment Facility will be open 9 a.m. to 3:30 p.m., Monday through Friday, until further notice.

(Editors Note: More Shorts can be seen at www.apgnews.apg.army.mil under Shorts.)

Well-Being

From page 3

theme. The South Side Grill is now undergoing minor renovations. FMWR is not sure of the completion date yet. The date will be advertised when it is known. Rodriguez asked attendees to support the Grill when it opens.

The Cyber Café, located in the Aberdeen Recreation Center, Bldg 3326, is open Tuesday through Sunday. Internet games, Web browsing, Myspace, and YouTube and wireless internet are available.

Edwards also introduced Patti Harkins as the new assistant program manager of the Civilian Welfare Fund.

Pat Palazzi, Child & Youth Services Division, announced that waiting list forms for the

summer camp program are available in the Youth Services building in the Edgewood Area, or in the Outreach Services building in the Aberdeen Area. Completed forms may be dropped off at these locations or faxed to 410-278-4658. Waiting list forms will not be distributed or accepted at Aberdeen Area Youth Services.

Registration will be held on Saturday, April 19, at the Edgewood Youth Services and Saturday, April 26, at the Aberdeen Area Youth Services for all sponsors who have offered openings by the Central Registration office. Registration packets, and up-to-date physical and family income information must be completed prior to your registration appointment.

Palazzi announced that there are some new Army Family Covenant Initiatives available at APG:

- Deployed Soldier Families receive:**
- 20% reduction in Full Day and Before/After School fees
 - 5 hours free hourly care each month
 - 16 hours free hourly care during first 45 days of return from deployment
 - 10 hours free hourly care during deployed Soldier's R&R
 - 1 free team or individual sport per child of deployed Soldiers
 - 2 free SKIES classes per child of deployed Soldier
- All Soldiers families get free registration for all CYS programs and free respite care for EFMP enrollees. Call 410-306-3698 for additional details.

School Liaison

Fourth and fifth grade students at Halls Cross Roads Elementary School in Aberdeen need 19 chaperones to assist with their Junior Achievement of Maryland Biztown Training on April 16. Activities will include making advertisements and learning how to run a small business. For more information, e-mail Eileen Campbell, Eileen.campbell@us.army.mil or Ms. Cole, colesclass@yahoo.com.

Children of active duty military parents in grades 6 through 9 can apply for the Bernard Brown II Space Camp Scholarship. U.S. Space Camp is a five-day program that shows children what it takes to be an astronaut. Activities include simulated space shuttle missions, training simulators, rocket building and launches, scientific experiments, and lectures on the past, present and future of space exploration. For more information, call 254-953-1923.

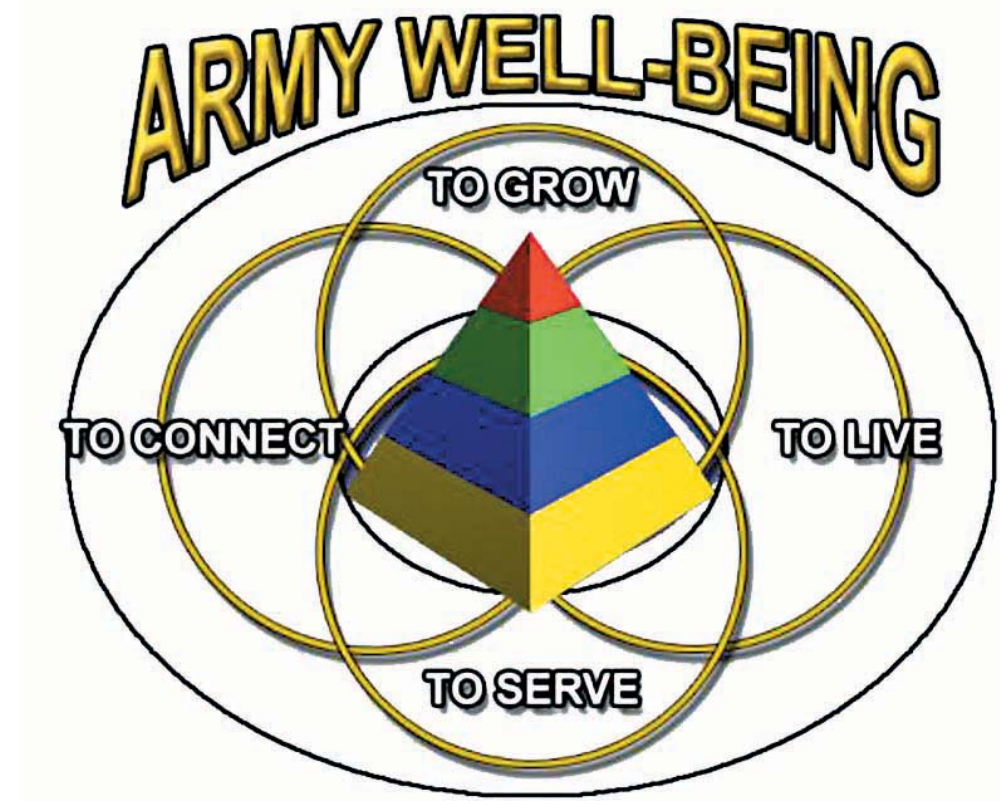
Youth Sports & SKIES

Registration for Youth Sports is currently underway. For more information or to get an application, go to http://www.apgmwr.com/family/youth_sports.html, or call 410-306-2297.

AER

From front page

vides educational assistance in the form of scholarships to chil-



www.apgmwr.com/family/youth_sports.html, or call 410-306-2297.

Stacie Umbarger, the SKIES Unlimited Instructional Program Specialist, told attendees that there are many programs and classes offered through SKIES Unlimited, like Driver's Education, at a discount rate. SKIES stands for Schools of Knowledge, Inspiration, Exploration and Skills. According to their Web site, their programs foster the development of critical life, leadership and social skills. For more information about the SKIES program visit <http://www.apgmwr.com/family/youthskies.html> or call 410-278-4589.

DLES

"One of our programs that I am incredibly proud of is the D.A.R.E. program that we have for our kids," Robert Krauer, Director of Law Enforcement and Security, said. "It is absolutely fabulous." D.A.R.E., which stands

for Drug Abuse Resistance Education, has been expanded for middle school students. The program will wrap up next month with a graduation ceremony at Top of the Bay.

Krauer also talked about DLES hosting a workshop with the Post Chapel called Tools for Success. He said this program for teens about resisting gangs was a pilot program - the first one done in the state.

"The governor recognized the program for its utility and value. It has been adopted statewide," Krauer said. "This is really a successful program, and we are going to have another one in May."

Krauer also asked for people to use caution when driving in bad weather. He reminded attendees to call 410-278-SNOW, to check if the post is open, or if there are any delays.

Retirement Council

Barry Decker, Co-Chairman for the APG Retiree Council,

announced that Fort Meade's Retiree Appreciation Day is scheduled for Friday Oct.17. APG's Retiree Appreciation Day is Saturday, Oct. 18. All are invited to attend.

The Susquehanna Chapter of the Association of the United States Army is having a luncheon meeting on Tuesday, March 11, from 11:30 a.m. to 1:00 p.m. at the Clarion Hotel in Aberdeen. The guest speaker will be Staff Sgt. Gary Heffernan, a 13-year Army veteran who is currently serving as part of the Why We Serve speakers program. He has recently returned from an assignment in Iraq and is speaking to groups around the country about his personal experiences serving in support of Operation Iraqi Freedom.

If you are interested in these programs contact Decker at 410-272-6342.

The next Well-Being Council Meeting will be held 9:30 a.m., March 20, at the Aberdeen Area Post Chapel.

dren and spouses of active duty and retired Soldiers, along with support to surviving Families of Fallen Soldiers and grants to widows and Wounded Warriors.

In 2007 AER provided more than 64,000 Soldiers, active and retired, and their Families well over \$70 million in assistance Army wide.

AER provided assistance for unexpected and financial needs including travel, housing, car repair, utilities, medical expenses, funeral costs and disaster relief.

AER assistance is available to Soldiers and their Families wherever they are located, and the amount of assistance is

only limited by a valid need.

AER's Command Referral Program has increased dramatically in Soldiers' access to AER assistance. The Command Referral Program gives company or battery commanders and first sergeants the authority to approve up to \$1,000 in interest free loans for their Soldiers.

It is a meaningful way for the company or battery chain of command to be directly involved in addressing financial problems of their Soldiers.

Soldiers and their Family members requiring AER assistance can contact their unit chain of command or visit the APG AER office located in building 2754, room 201.

Full details on AER's assistance programs may be found by contacting Marge Fissel, AER officer, 410-278-2508 or visiting the AER Web site, www.aerhq.org.

For campaign information, call Maj. Mathieu Petraitis, AER Campaign coordinator, 410-278-3000.

(Editor's note: Rachel Ponder, APG News, contributed to this article.)



FAMILY, MORALE, WELFARE & RECREATION

Activities/Events

DOD civilians can sign up for sports leagues

Sports leagues available for DoD civilians include volleyball, dodge ball, deadlift competition, softball, tennis tournament and flag football.

Volleyball

Sign up for volleyball, up to

12 members on a team. Games are scheduled April 2 through May 10 – deadline for sign up is March 20. A rule clinic will be held March 29. Cost is \$200 per team.

Dodge ball

Sign up for dodge ball. Registration is free. Deadline

for sign up is March 22. Games are scheduled for March 31 through May 10.

For more information or to sign up for other sports, call Donna Coyne, 410-278-7934.

Do-it-yourself New York City tours

MWR has scheduled several day trips to New York City – eight hours for sightseeing, shopping, seeing a Broadway matinee, venturing into China Town and more March 15, April 19, May 17, June 21, July 19, Aug. 16, Sept. 20, Oct. 18 and Nov. 15.

Cost is \$40 per person. The bus will depart 7:55 a.m. and will return 10 p.m. Open to all DoD card holders.

For more information or to register, call or visit MWR Leisure Travel Services, Aberdeen Area Recreation Center, building 3326, 410-278-4011/4907 or e-mail MWR_LeisureTravel@apg.army.mil.

New York City Liberty Tours

MWR Leisure Travel Services offers two New York City Liberty Tours, March 29 and July 19.

Cruise aboard the famous Circle Line cruise ship down Manhattan harbor to the Statue of Liberty for the best view in the city. Following the cruise, enjoy lunch on the coach touring famous and not-so-famous New York sights narrated by a

professional and friendly step on guide. Then explore and shop in midtown Manhattan. Shop for souvenirs, browse at Macy's or stroll Times Square.

Cost is \$90 per person and includes roundtrip transportation, cruise and lunch.

The bus will depart 7:20 a.m. and return 9:30 p.m.

For more information or to purchase tickets, visit MWR Leisure Travel Services, Aberdeen Area Recreation Center, building 3326, 410-278-4011/4907, or e-mail MWR-LeisureTravel@apg.army.mil.

Amateur Boxing Night

The 16th and 143rd Ordnance battalions face off for the first time in 2008 during the Amateur Boxing Night Extravaganza March 15 at the Aberdeen Athletic Center, building 3300. Doors open 5 p.m., the event begins at 6 p.m. Tickets cost \$5 for active duty military; \$10 for non-military; and \$20 for ringside seats. Children under 6 are admitted free.

Purchase tickets at MWR Registration, building 3326, 410-278-4011/4907 or Hoyle Gym, building E-4210, 410-436-3375/7134.

MWR hosting 'Losers ARE Winners' weight loss competition

A new weight loss competition began Jan. 14 and ends April 4. Participants must enter with a partner (groups of 3 will be accepted).

Participants will weigh in once a week. Participants who

lose the most weight based on a percentage will win a prize.

Register at the AA Fitness Center, building 320 or Hoyle Gym and Fitness Center, building E-4210. Entry fee is \$5 per person.

For more information, call Jeff Pettitway, 410-278-9725

Ringling Bros. and Barnum & Bailey Circus tickets on sale

Ladies and gentlemen, come see the greatest show on earth. Tickets are available for shows March 12 through 23 at the 1st Mariner Arena in Baltimore for \$18.75 for ages 2 and older. The last day to purchase is March 7.

For more information or to purchase tickets, visit MWR Leisure Travel Services, AA Recreation Center, building 3326, 410-278-4011/4907 or e-mail MWR-LeisureTravel@apg.army.mil.

School age/middle school services summer program taking applications

The Aberdeen and Edgewood area's summer programs will run for nine weeks, June 16 through Aug. 15, Monday through Friday, 6:30 a.m. to 5:30 p.m.

The program is open to all qualifying children who have completed first through eighth grades. Parents can sign up for the weeks that fit their schedule.

Tuition fees are based on total Family income.

Waiting list applications may

be picked up daily beginning 7:30 a.m., Feb. 19, at the Edgewood Area Youth Services, building E-1902, the Outreach Services, building 2752 or faxed to 410-278-4658.

Applications will not be distributed or accepted at the Aberdeen Area Youth Service building.

Registration will be held Saturday, April 19, at the Edgewood Area Youth Services and Saturday, April 26, at the Aberdeen Area Youth Services for all sponsors who have been offered openings by the Central Registration office. Registration packets, an up-to-date physical and Family income information must be completed prior to the registration appointment.

A \$20 non-refundable deposit is required per child at the time of registration for each week a parent selects.

For questions or further information, call the Outreach Services Office, 410-278-7571/7479.

Discount ski lift tickets available

MWR Registration, Tickets and Leisure Travel Center has discount ski lift tickets for Bear Creek, Blue Mountain, Camelback, Jack Frost/Big Boulder Ski Resorts and Ski Liberty, Ski Roundtop and Whitetail.

For more information, call MWR Registration, Tickets and Leisure Travel Center, 410-278-4907/4011, building 3326, or e-mail mwr_registration@usag.apg.army.mil.

Ruggles Golf Tournament

Register now to participate in the MSGA/Golfnet Handicap Tournament, One Day Stroke Play Tourney (net only), March 15 at Ruggles Golf Course.

Entry fee costs \$30 for annual members, \$47 for authorized members and \$50 for guests. Entry fee includes annual handicap fee, light refreshments and trophies. Carts are optional.

For more information or to register, call the Pro Shop at Ruggles Golf Course, 410-278-4794.

Auditions open for the MWR Talent Showcase

All authorized MWR users are eligible to audition for the MWR Talent Showcase, 7 p.m., March 8 and 9, at the Aberdeen Area Recreation Center, building 3326 and 4 to 6 p.m., March 22 and 23, at the Edgewood Area Stark Recreation Center, building E-4140.

Talent categories include vocalist, vocal group, instrumentalist, instrumental group, spoken word, rapping, dancing and comedians.

The Talent Showcase will be held 7 p.m., April 19, at the Post Theater. Prizes will be awarded for the First Place, \$300; Second Place, \$200; and Third Place, \$100.

For more information, call Earlene Allen, 410-273-7803 or 410-652-2737 or e-mail MWR-Events@apg.army.mil.

Register for Spring APG Youth Sports Program

Youths can register for softball, baseball, tee ball, cheerleading, flag football and Start Smart basketball, through Feb. 28. Walk-in registrations will be held 7:30 to 10:30 a.m., weekdays, Central Registration, Aberdeen Area Youth Center, building 2752 Rodman Road. In the Edgewood Area, register by appointment after 10:30 a.m. at the EA Youth Center, building E-1902.

For more information or to register, call 410-278-7571/7479.

Youth Baseball and Tee Ball

Register early – teams and spaces are limited. Boys ages 5 through 15 as of April 30 may register. Cost of registration is \$45 per child for baseball and \$35 for tee ball. Practice starts the week of April 1 and games will be held on weekdays.

Youth flag football

Boys and girls, ages 6 to 8, 9 to 11 and 12 to 14 as of April 1, can sign up. Flag football practices begin the week of April 1, games begin May 3. Games will be held every Saturday at the Aberdeen Area and Edgewood Area Youth Centers. The fee is \$45 for the season. Coaches and referees are needed to make the program a success.

For more information, call Youth Sports office.

Cheerleading

Cheerleading for ages 5 through 14 as of April 1 costs \$45 per child. Cost for shoes and socks are not included. Cheerleading squads will cheer for APG Flag Football teams. Practice will be held 5:30 p.m. on weekdays and starts the week of April 1.

Start Smart Basketball

This program is for boys and girls ages 3 to 5 who want to play basketball and be coached by their mom or dad. Start Smart Basketball will be held Wednesdays, March 12 through April 16. Parent participation is required. Cost is \$40 per child. Each child will receive a T-shirt, basketball and award.

Softball

Girls ages 7 to 8, 9 to 10, 11 to 13, 14 to 18 as of Jan. 1, can register for softball. Cost is \$45 per child. Practice begins the third week of March, games begin mid April.

Interested in being an umpire or a coach? The program will play in the Eastern Harford County league.

For more information, call 410-306-2297.

ACS upcoming events

All scheduled events will be held at the Army Community Service Center, building 2754, Rodman Road unless otherwise noted.

Total Army Sponsorship Training

The ACS Relocation Readiness Program will hold a Total Sponsorship Training Course, 1 to 3 p.m., March 26, at ACS, building 2754, Training Room #104. Training will provide guidance and assistance to personnel who might serve as the unit or organization point of contact for sponsorship.

Provide names of selected personnel to Phyllis Ethridge, Relocation Manager, ACS, 410-278-2464 e-mail to: phyllis.ethridge@apg.army.mil.

Smart Start Your Business seminars

The ACS Employment Readiness Program in partnership with Aberdeen Proving Ground Federal Credit Union and Harford Community College Small Business Development Center sponsors Smart Start Your Business seminars. This free 90-minute orientation program provides an overview of the ways to start a business, the skills and duties of a successful entrepreneur and how to write a strategic business plan.

Seminars will be held 11:30 to 1 p.m., July 30, Aug. 27, Sept. 24, Oct. 22 and Nov. 19.

For more information or to RSVP, call 410-278-9669.

Job vs. Career classes for teens

Army Community Service will hold Job vs. Career classes for teens, ages 13 through 18, 12:30 to 1:30 p.m., at ACS classroom building 2754. Classes will be held March 25, June 18 and July 23.

Today's workforce offers many challenges and rewards. Learning has a tremendous impact on future earnings. Teens will learn

the benefit of a career over a job. The ACS Employment Program and Tina Mike, APG-FCU Education director, will help guide teens through the job and career preparation process so they can achieve their own employment success. Topics include:

- what employers are looking for
- how to apply for a job
- tips on resume writing
- interviewing experience

For more information or to enroll teens in this free class, call Marilyn Howard, ACS Employment Readiness, 410-278-9669.

The Waiting Families Support Group is scheduled for 6 to 7 p.m., Wednesdays, at ACS, building 2754 Rodman Road. This group is designed to provide resource information to assist spouses and Family members remaining behind while the military sponsor serves on unaccompanied tours, extended TDY or deployments.

For more information, call Marilyn Howard, ACS, building 2754 Rodman Road, 410-278-9669/7572.

A Support Group for Survivors meets 6 to 8 p.m. each Tuesday. The topic is "Talking It Out." The support group is open to adults affected by unhealthy relationships including domestic and/or sexual violence.

Family Information Network Meeting, or FIN, support group meets 11:30 a.m. to 1 p.m., the second Wednesday of the month. It is designed to provide education, information and support to those Families who are living with or caring for an exceptional Family member.

Victim Advocacy APG 24-Hour hotlines: Domestic Violence, 410-652-6048 Sexual Assault, 1-410-322-7154.

Easter Sunday Brunch

Top of the Bay will hold an Easter Sunday Brunch, 10 a.m. to 2 p.m., March 23. Price is \$19.95 for adults, \$9.95 for children ages 5 to 11 and children under 5 eat free.

Two buffets, breakfast and lunch, will be available at the same time and diners can select from one or both.

The breakfast buffet menu includes an omelet station, French toast, scrambled eggs, sausage and bacon, biscuits with sausage gravy and home fries, smoked salmon, bagels, muffins and Danish.

The luncheon buffet includes a carving station with roast sirloin of beef and ham, chicken breast stuffed with sage and cranberry dressing, roast pork, baked cod, assorted vegetables, potatoes and rice.

Mimosa's, juices, coffee and tea are included. Reservations are required by March 20.

To make reservations, call 410-278-3062 /2552/5195.



Free movies at the Post Theater

MWR hosts free movies at the Post Theater, 7 p.m., Saturdays and 2 p.m., Sundays.

Movies are open to active duty, National Guard and Reserve personnel and their Family members, retirees, DoD civilians and APG contractors. Children under 16 must be accompanied by an adult regardless of the movie rating.

For more information or movie schedule, call the Movie Hotline, 410-278-8000 or check the APG MWR Web site, <http://www.apgmwr.com>.

Snack Bar will be open for all performances.



APG Bowling Center Snack Bar specials Building 2342

Week of March 3

Special #1: Two hot dogs, curly French fries, one cookie and soda for \$4.45.

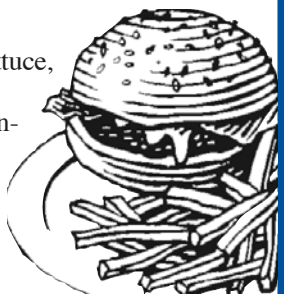
Special #2: Nine wing dings or wing zings, French fries, one cookie and soda for \$5.95.

Week of March 10

Special #1: Double bowlerburger with cheese, bacon, mayonnaise, lettuce, tomato, pickles, onions, potato chips, one cookie and soda for \$7.65.

Special #2: American hero sub with ham, turkey, bologna, mayonnaise, lettuce, tomato, pickles, onions, potato chips, one cookie and soda for \$5.95.

For more information or to place an order, call 410-278-4041. Orders must be placed before 10:30 a.m.





Recall notices announced

CPSC

Remote-controlled helicopter toys recalled due to fire, burn hazards

The U.S. Consumer Product Safety Commission, in cooperation with Soft Air USA Inc., of Grapevine, Texas, announced a voluntary recall of Remote-Controlled Helicopter Toys. Consumers should stop using recalled products immediately unless otherwise instructed.

The rechargeable battery contained inside the helicopter can catch fire during charging, igniting the helicopter and nearby combustible materials. This poses a burn or fire hazard to consumers.

Soft Air USA has received six reports of helicopters igniting, including one minor injury.

This recall involves the remote-controlled helicopter toy “Fun2Fly Microcopter” with item number 91001. The helicopter comes with a transmitter that controls and recharges the helicopter. The helicopter is made of foam and plastic and measures about 6 ½ inches by 2 ½ inches. The transmitter measures about 4 1/2 inches by 5 inches. “Fun2Fly” and “Microcopter” are printed on the packaging. The item number is printed above the UPC label.

It was sold at sporting goods stores and other retailers nationwide from May 2007 through December 2007 for about \$30.

Consumers should immediately stop using the recalled toy helicopter and return it to the retailer where it was purchased for a full refund.

For additional information, call Soft Air USA collect at 817-210-4181 between 8:30 a.m. and 5 p.m. CT Monday through Friday, or e-mail the company at Bhook@softairusa.com

General electric recalls gas dryers due to shock hazard

In cooperation with the CPSC, GE Consumer & Industrial, of Louisville, Ky., announced a voluntary recall of GE gas clothes dryers. Consumers should stop using the

product immediately unless otherwise instructed.

A short circuit in the dryer’s wiring poses a shock hazard to consumers with ungrounded dryers.

No injuries have been reported.

The recalled gas dryers are 42 inches tall (back with backsplash) and 27 inches wide, and were sold in white. GE gas dryers model number DWXR463GGWW with serial numbers starting with AM, TL, SL, VL, and ZL are included in this recall. To find the model and serial numbers, open the dryer door and look in the upper right corner, in the area that was covered by the door.

The dryers were sold by retail stores, and authorized builder distributors nationwide from September 2006 through October 2007 for about \$440.

Consumers should stop using the recalled dryers immediately, unplug the dryer, and contact GE for further instructions and to schedule a free, in-home inspection and repair. GE is directly contacting consumers who purchased the recalled dryers.

For additional information, contact GE toll-free at 86-324-3732 between 8 a.m. and 8 p.m. ET Monday through Friday, and between 8 a.m. and 2 p.m. on Saturday, or visit the firm’s Web site, <http://www.geappliances.com/products/recall/>.

Louisville Ladder recalls extension ladders due to fall hazard

The CPSC, in cooperation with Louisville Ladder Inc., of Louisville, Ky., announced Feb. 20 a voluntary recall of “Louisville/Davidson” and “Michigan” Brand Fiberglass Extension Ladders. Consumers should stop using recalled products immediately unless otherwise instructed. No injuries have been reported.

The extension or “fly” section can fail to lock, posing a fall hazard to consumers.

The recall involves only models manufactured from September 2007 through October 2007. The model number and the manufacturing date code are located on the left side rail of the ladders. Ladders with two green dots

near the bottom of the left side base rail have already been inspected or repaired and are not included in the recall.

The ladders were sold at industrial supply stores and home centers nationwide from September 2007 through December 2007 for between \$130 and \$760.

Consumers should stop using the ladder immediately and contact Louisville Ladder for instructions on inspecting the ladder and receiving a free repair kit, if necessary.

The recalled ladders are Type I, IA, or II extension ladders with fiberglass rails and “D” shaped aluminum rungs. The following models are included in the recall:

Louisville/Davidson brand				
534-24	618-24	FE1724	FE3228	L-3022-24PT
534-28	618-28	FE1728	FE3228-010002	L-3022-28PT
534-32		FE3224	FE3228-740037	L-3022-32PT
534-36		FE3224-E03	FE3228-E03	L-3121-24
534-40		FE3224-E08	FE3228-E03E34	
578-24		FE3224-LO32	FE3232	
578-28			FE3232-E03	
578-32			FE3236	
			FE3240	
Michigan brand				
386124, 386128, 386132, 386136, 386140				

For more information, call Louisville Ladder, 800-660-4356 between 8 a.m. and 5 p.m. ET Monday through Friday, or visit the firm’s Web site, www.louisvilleladder.com.

To report a dangerous product or a product-related injury, call CPSC’s hotline 800-638-2772 or CPSC’s teletypewriter 800-638-8270, or visit CPSC’s Web site www.cpsc.gov/talk.html. To join a CPSC e-mail subscription list, go to <https://www.cpsc.gov/cpsclst.aspx>.

Story by
LT COL NANCY A. DUDASH
U.S. Army Center for Health Promotion and Preventive Medicine

“911 operator, may I help you?”

“Yes. My two-year-old daughter just ate some of my medication. I don’t know how many and I don’t know what to do!”

Once every 13 seconds someone in the United States reports a poison exposure to a poison control center, according to the U.S. Centers for Disease Control and Prevention. Both adults and children are at risk.

The CDC reports unintentional poisoning is the second leading cause of unintentional injury deaths, after motor vehicle crashes. Of the 28,700 deaths caused by poison in 2003, 80 percent were unintentional and 95 percent of those were caused by drugs—pain medication, cocaine or heroin.

The following recommendations are steps to prevent unintentional poisonings/injuries since more than 90 percent of them occur in the home.

Medications

- Put the Poison Control number (1-800-222-1222) on

all home and cell phones. The number is operative 24 hours a day, seven days a week.

- Follow labels on medications, never share or sell them, and carefully follow the directions for taking them.
- Monitor medications for teens, such as medicine for attention deficit disorder.
- Keep opioid medications (such as methadone and oxycodone) in a safe place.

Household chemicals

- Read the labels and follow all instructions.
- Open windows for ventilation when needed.
- Never mix cleaners (mixing ammonia and bleach causes a poisonous gas).
- Keep cleaners and chemicals in original containers. Changing them into other containers causes confusion and may lead to poisoning.

Battle Buddy

- Don’t leave medications (especially pain medications) out in the open or under the bed at night. Keep them in a safe place.
- Don’t share medications with a Battle Buddy. It is illegal. The buddy may have a life-threatening reaction

or may overdose.

- Report suspicious behaviors to the chain of command (stolen, missing or unaccounted for chemicals or medications).

If a potential/suspected poisoning occurs, do not hesitate—take the following steps:

- Remain calm.
- Call 911 if the victim has collapsed and is not breathing.
- Call 1-800-222-1222 (Poison Control) if the victim is awake and alert.
- Give the operator the victim’s age and weight.
- Locate the container or bottle of poison, if available.
- Provide the time of the poison exposure.
- Give the address where the poisoning occurred.
- Stay on the phone, and follow the instructions from the emergency room operator or the Poison Control Center.

For more information about poison prevention, visit the National Center for Injury Prevention and Control at <http://www.cdc.gov/ncipc/factsheets/poisoning.htm>.



APG Forum

Letter to the Editor



I have just had the privilege of returning to Iraq and more specifically to Al Anbar Province for my third tour. I say privilege for a number of different reasons not the least of which is the opportunity to again serve with young Americans — the best of their generation — in combat.

A second reason is there is no greater honor for any man or woman than to protect one’s country in time of grave danger, while wearing the nation’s cloth.

Finally, I do not think there can be anything more gratifying on this earth for an American than to participate in the freeing of a people from the grip of a tyrant, then helping those same people realize the benefits of democracy--to actually exercise the God given rights of life, liberty, and the pursuit of happiness.

I have been away for three years. What I have found in the week I have been back can only be described as shocking.

When I was here last, dozens of IEDs detonated everyday in Al Anbar. Fire fights were as common as IEDs, and mortar and rocket attacks a nightly routine.

The emirs of al Qaeda and other equally murderous groups predicted our imminent defeat as they pursued a sick form of extremism no rational man or woman here, or anyplace else, could fathom. Many in our own country for any number of reasons began to lose faith — but the Soldiers, Sailors, Airmen and Marines who fought our enemy to a standstill never doubted or waived in their determination to win.

Several days ago I walked through the market section of Fallujah. It was bustling with Iraqis of all ages buying and selling products of every description. Adults waved, pressed forward to shake hands and many, like good businessmen everywhere, tried to make a sale.

Kids swarmed around the Marines trying out the few English words they have learned in

schools that are all now open. Parents no longer fear to send their boys and girls to learn, a practice that under the extremists was often a death sentence.

When I last visited that city, it was the most dangerous place on earth. It was a gunfight going in, and a gunfight coming out everyday. The majority of the city’s population lived in stark terror from the most evil men on the planet.

It was the same then in Ramadi, Hadithah, and all the way along the Euphrates River Valley to the Syrian border — but no longer. Like Fallujah, the schools are open, markets thrive, and post-war recovery gains momentum across Al Anbar.

This war is not won, but is being won and today primarily by the Iraqis themselves.

Al Qaeda is not defeated, but

it is on the ropes. Its membership knows that if they are foolish enough to come out of the holes they hide in, they will not only meet tough young Americans standing firm and unafraid, but also Iraqi police and soldiers in vastly increased numbers and effectiveness.

Iraq is still a dangerous place, but nothing like it was only a short time ago. We should see this thing through because it’s the right thing to do, the American thing to do, and we have the new “Greatest Generation” in just enough numbers willing to give up the comfort of their homes and defend us all while spreading freedom to a people who have never known it.

Major General John F. Kelly
Commanding General
Multi National Force - West

Commentary: Required reading for returning Soldiers

By
THERESE MANCEVSKI
Special contributor

It’s no secret that, in recent years, the media has increasingly shone its spotlight on problems facing Soldiers returning from the ongoing conflicts in Afghanistan and Iraq; reports from the Department of the Army have indicated higher than normal rates of veterans suffering from post traumatic stress disorder and the appalling lack of resources available to those veterans.

While the Army, in conjunction with other federal agencies and mental health professionals, has begun to give the situation the focused attention it so dearly deserves, it’s also no secret that, for many service members, both active and former,

the stigmas associated with seeking help for mental problems continues to persist.

Enter “Once a Warrior: Wired for Life,” a collaborative effort between clinical psychologist Dr. Bridget C. Cantrell and former drill instructor Chuck Dean. This slim little volume, with its abundant military analogies and workbook-like structure, might just be the perfect read for anyone dealing with making the transition back from a combat situation to the civilian world.

“Once a Warrior” differs from other nonfiction books about PTSD in a number of ways. There’s no stuffy overtone, for instance: Soldiers (or loved ones) won’t feel as though they’re being diagnosed, but rather participating in a healthy discussion about how to turn negative sit-

uations into positive ones.

There’s also a great deal of attention placed on the concept of “re-behaving,” which Cantrell and Dean think is critical to making a successful transition back into society. Readers will not tire of testimonials since there aren’t too many war stories included, and though the book centers on turning warriors back into civilians, the authors also include strategies for coping spouses and children.

I applaud the novel approach to the book, which grew out of questions Dean poses in the preface: “Is it feasible for our government to re-train warriors to become civilians again? And if it is possible, then why has it not been implemented?”

It’s evident that the authors not only

assume that it is indeed possible, but they go on to offer up their own strategies for how it can be implemented in the form of the book itself.

“Once a Warrior: Wired for Life,” though not intended as a substitute for professional help, is an informative and insightful guide that offers comfort for the Soldier who can’t quite assimilate and feels alienated; it is a barometer for the spouse who has noticed some changes since the return of a loved one after a lengthy deployment; it is an open and honest discussion about concerns that are unique to the military environment, and as such, the explanations and suggestions it offers keep the military rationale in mind.



Legally Speaking



Office of the Staff Judge Advocate at http://www.apg.army.mil/apghome/sites/installation/Staff_Judge/index.html

Gambling in the federal workplace

Story by
MAJ GRACE MOSELEY
OSJA

March Madness is just around the corner with the N.C.A.A. basketball tournament starting in just two weeks. For many Americans, March Madness means not only exciting basketball, but also participation in an office tournament pool, so now is a good time to review the rules on gambling in the federal workplace.

The Department of Defense’s Joint Ethics Regulation 2-302 prohibits gambling by DoD personnel while on duty or while on federal property. This includes both federal and civilian personnel.

DoD 5500.7-R states “A DoD employee shall not participate while on federally owned or leased property or while on duty (for military members, this means, in this context, present for duty) for the federal government in a gambling activity prohibited by Title 5 of the Code of Federal Regulations Part 735.201.”

Part 735 of the Code of Federal Regulations (5 C.F.R. 735.201) that govern all executive branch (government) employees, prohibits federal employees from participating “in any gambling activity, including operating a gambling device, conducting a lottery or pool, participating in a game for money or property, or selling or purchasing a numbers slip or ticket” while on government owned or leased property or on duty for the government.

Private wagers among DoD employees, if based on a personal relationship and transacted entirely within assigned federal government living quarters and within the limitations of local laws are allowed. However, gambling with a subordinate may be a violation of Articles 133 and 134 of the Uniform Code of Military Justice.

The purchase of lottery tickets authorized by any State from blind vendors licensed to operate vending facilities is also allowed.

Gambling may also be prohibited by federal government building and grounds

regulations. For example, the regulations published by the General Services Administration generally bar “anyone” from participating in games for money or personal property, or other gambling activities, while on GSA controlled property. The GSA regulation applies not only to federal employees but also to members of the general public while they are on GSA controlled property. Also, gambling in the Pentagon is prohibited by 32 C.F.R. Part 40b.

To be considered gambling, a game must have three elements. First, it must have the furnishing of consideration which simply means something of value. In most cases, the consideration furnished is money but it does not have to be, it can be a valuable object or item like jewelry or trading cards. The second element requires the game involve “chance.” Chance means the absence of any cause can be predicted, understood or controlled. Random games are considered games of chance. Betting on the results of a sporting event involves chance because the outcome cannot be predicted. The third and final element requires the game or event to offer a reward or prize. Events that do not include “all” three of these elements are “not” gambling.

Generally office pools that require payment of money or consideration will be considered gambling. For example, gambling allegations were made against a DoD employee who was operating a “fantasy football league” in his workplace. The participants each paid \$20 to participate. The funds were used for a luncheon at the end of the season and trophies were purchased for the winners. Is this gambling? Yes, the General Counsel ruled that the activities constituted gambling in the workplace in violation of paragraph 2-302 of DoD 5500.7-R, Joint Ethics Regulation. All three elements were met. The participant paid \$20 (consideration). The game involved chance (the results of sev-

eral football games) and there was a prize (trophies and pizza). The participants were on duty, in the federal workplace.

All office pools are not illegal. Office pools can be fun and build esprit de corps. However, office pools that require the offering of consideration and offer a prize will more than likely be considered gambling.

Looking at another example, allegations were made regarding Air National Guard members running a “fantasy football league” on their government computers. Each member of the league contributed \$10 to play, with the winner buying all of the other participants’ pizza at the end of the season. The winner actually spent more on the pizza than the amount of the winnings. The activities associated with the game were conducted on break and lunch times. So, why was this considered gambling? First, there was consideration, the \$10 dollars. Second, the game involved chance, the outcome of several sporting events. And third, there was a prize. It does not matter that the prize winning pot of money did not cover the cost of the pizza. Finally, although the participants were gambling on their “lunch breaks” when they were off duty they were still in the “federal work place” working on their government computers.

Remember Section 2-302 of DoD 5500.7-R, Joint Ethics Regulation, prohibits gambling by DoD personnel while on duty “or” while on federal property. In addition, it was a misuse of government resources to carry out such an activity on government computers which are government property.

Anytime these types of issues arise, do not hesitate to contact the ethics counselor for guidance. This article only highlights common situations and does not cover every possible scenario.

For more information, call the Office of the Staff Judge Advocate, 410-278-1107.

Help with claims – catalog clutter

Story by
WINSTON WORRELL
OSJA

Statistics reveal that the majority of Americans have already given up on their 2008 New Year’s resolution. For those who have given up, here is an easily accomplished resolution that might help dispel the guilt - catalog clutter.

The Dec. 31, 2007 issue of U.S. News & World Report suggests ‘50 ways to improve your life in 2008.’ One of the 50 suggestions includes cataloging clutter.

The article recommends that individuals inventory their possessions in case of disaster. Such disasters can include fire, flood and theft.

Permanent Change of Station moves can also result in the loss of valuable property. Being prepared for a disaster is the best way to substantiate ownership and value of property in the event an individual seeks reimbursement for a loss. This is the case whether filing a loss claim under homeowner/renter insurance policy, with a transportation service provider who moved the household goods, or with an Army claims office.

Existing software programs on the market make it easy to import digital photos and add details such as the description of the item, purchase price and purchase dates. After creating the inventory, taking pictures, and documenting important details, store this information and purchase receipts in a safe place. This means outside the home or separate from a household goods shipment when moving.

In the event a claim needs to be filed, this information will be needed to substantiate the claim. Often photos are the best source of substantiation.

An example of one Web site that can help is www.know-yourstuff.org (although not endorsed by OSJA).

It is best to be prepared. By cataloging possessions now, individuals will be taking an important step in protecting their property and substantiating a future claim.

And for those who have already given up on their 2008 resolution, these suggestions should help.

For questions concerning filing a claim for damage to household goods during a PCS shipment or filing a claim for damage to property incident to military service, contact the Office of the Staff Judge Advocate, Clients Services Division, 410-278-1583 or stop by building 4305, third floor, room 339, 8 a.m. to 1 p.m., Monday through Friday.



Diabetes: Separating myth from fact

Story by
CARLLA E. JONES
U.S. Army Center for Health Promotion & Preventive Medicine

About a third of American adults with diabetes do not know that they have this serious disease. Diabetes causes serious health problems including heart disease, stroke, blindness, kidney disease, gum disease and nerve damage. Diabetes can also cause serious problems with feet and legs, which can lead to amputations.

Diabetes is a disease that affects how the body uses food for energy. People hear a lot of conflicting information about diabetes, including what causes it, how it is diagnosed and how it is managed. It is important to know the truth about diabetes and to separate diabetes myths from diabetes facts.

Myth #1: Diabetes can only be inherited.

Although diabetes does run in families, many people diagnosed with the disease have no close family members who have it. Life-

style and other factors, such as certain viruses, may also increase the risk of developing the disease.

Myth #2: Someone knows they have diabetes from symptoms like weight loss or increased thirst.

A person with type 1 diabetes (usually seen in children and young adults) will have obvious symptoms, because insulin needed to process food for energy is missing. However, people with type 2 diabetes (which usually occurs later in life) or women with gestational diabetes (special diabetes which only appears during pregnancy) may have few or no symptoms. Only a blood test can tell for sure if someone has diabetes.

Myth #3: Drinking water will wash away the extra sugar in the blood and cure the diabetes.

A high blood glucose level cannot be “washed away” by drinking water. However, diabetes can be controlled by eating healthy

food, being physically active, controlling body weight, seeing a health-care provider regularly, taking prescribed medications and consistently monitoring blood glucose levels.

Myth #4: Insulin is a cure for diabetes.

At this point, there is no cure for diabetes. However, medications and lifestyle changes can help control diabetes.

Myth #5: People with diabetes can never eat any sugar.

To control blood sugar, all sources of carbohydrates (such as bread, pasta and cereal) must be controlled. With careful planning, small amounts of sugar can replace other carbohydrates usually eaten at a meal. Too much sugar is bad for everyone—it provides only empty calories.

Although diabetes is serious, the fact is that people should find out if they are at risk for diabetes or if they already have pre-diabetes by talking to their healthcare provider at their next visit. Then, take small steps towards the bigger reward of both a healthier lifestyle and diabetes

prevention and control.

This year, March 25 is American Diabetes Alert Day. Sponsored by the American Diabetes Association, the day is intended as a “wake-up call” to inform people about the seriousness of the disease and encourage them to get tested by their healthcare providers to see if they are at risk for developing diabetes.

According to the American Diabetes Association, some people are not diagnosed with the disease until seven to 10 years after onset. Early diagnosis is critical to preventing complications such as heart disease, blindness, kidney diseases, stroke and amputation.

For more information about diabetes, visit these Web sites:

- Diabetes prevention: <http://www.ndep.nih.gov/diabetes/prev/prevention.htm>
- National Diabetes Information Clearinghouse: <http://diabetes.niddk.nih.gov/>
- American Diabetes Association: www.diabetes.org

March is nutrition month: ‘It’s a matter of fact’

Story by
LT COL DANNY JAGHAB
U.S. Army Center for Health Promotion and Preventive Medicine

Chicken and beef have the same amounts of cholesterol. Fact or fiction?

Most hot dogs have half the cholesterol of a chicken breast. Fact or fiction?

Both of these statements are true facts—with a caveat.

It is most important to know the complete facts before making food choices. The theme for the 2008 National Nutrition Month®, “Nutrition: It’s a Matter of Fact,” emphasizes this.

So do the complete facts about the food choices in the examples above. Even though chicken and beef have the same amount of cholesterol, beef is higher in total and saturated fat.

This added dietary fat stimulates more cholesterol production in the body. Similarly, since hot dogs contain less fleshy meat and more filler byproducts, the cholesterol content of a hot dog is half of that of chicken or beef ounce per ounce. But the total fat content of a hot dog is

much higher and ultimately stimulates the body’s natural cholesterol production.

Knowing the complete facts helps a person make more informed decisions.

Soldiers are redeploying from theater with higher cholesterol levels and additional body weight. It’s hard to resist the full dessert bars, available around the clock, provided by Army-contracted food service operations.

But overweight in the Army is not just associated with those who deploy: DOD’s most recent survey of health-related behaviors among active duty personnel (taken in 2005) shows the Army considers 49 percent of its service members as overweight and 10 percent as obese, according to Body Mass Index measures.

Even allowing for possible BMI errors in measuring, having 59 percent of the Army overweight or obese indicates there could be significant performance or longer-term health consequences among these Soldiers.

National Nutrition Month® is

a nutrition education and information campaign sponsored annually in March by the American Dietetic Association. To prevent increasing cholesterol levels and weight gain, the ADA recommends the following guidelines:

- Make a personalized health plan. Eating right doesn’t have to be complicated. Use Mypyramid.gov to develop a personalized plan for better selections at the dining facility and for lifelong health.
- Know the complete truth. The best advice about nutrition is based on science. Before adopting any changes to diet, be sure the changes are based in scientific fact. If a product claims that it can help a person lose weight or bulk up without much effort, don’t believe it.
- Contact a registered dietitian. Get the facts about food and nutrition from an expert—a registered dietitian, or RD. RDs are uniquely qualified to translate the science of nutrition into reliable advice to use everyday. There are more than 130 active duty RDs in the Army. Many of them work with installation dining

facilities as food-service advisors.

- Focus on balance. Balancing physical activity and a healthful diet is your best recipe for managing weight and promoting overall health and fitness. Balance physical training with intake at the dining facility.
- Consider nutrient density: Think nutrient-rich rather than “good” or “bad” foods. The majority of food choices should be packed with vitamins, minerals, fiber and other nutrients—and lower in calories. Choose salads over rich desserts, or baked potatoes over French fries. Installation dining facilities always have healthy choices; it’s up to the individual to select them.
- Take a total diet approach. Look at the big picture; no single food or meal makes or breaks a healthful diet. A person’s total diet is the most important focus for healthful eating.
- Practice food safety. Prepare, handle and store food properly to keep safe from foodborne illness. Keep cooked leftovers refrigerated.
- Beware of food myths. Don’t fall prey to food myths and misinformation that may harm rather than benefit health (for example, “bread makes you fat”).

tion that may harm rather than benefit health (for example, “bread makes you fat”).

- Read nutrition labels. Read food labels to get nutrition facts that help individuals make smart food choices quickly and easily. Pay attention to the number of servings per container. Make sure the perception of a serving is taken into consideration when selecting an item.
- Look for fats in foods. Find the healthy fats when making food choices. Choose polyunsaturated or monounsaturated fats, to keep saturated fats, trans fats and cholesterol low. An example would be choosing the fat-free hot dogs over regular hot dogs and limiting the amount of all meats to 5 to 7 ounces a day. This is one way to control cholesterol and weight.

During National Nutrition Month®, the ADA urges consumers to look beyond the myths of nutrition and focus on the facts. Remember, the theme for 2008 is “Nutrition: It’s a Matter of Fact.”
(Editor’s note: Author is a nutrition staff officer at CHPPM.)

Trapping bald eagles to plan for tomorrow

Story by
BILL ARMSTRONG
DLES

Most everybody knows that Saturday mornings in January or February are for “sleeping in” and snuggling up under warm blankets, especially when the outside temperature is down around 8 degrees and the wind is howling out of the northwest....everyone that is except the wildlife folks at Aberdeen Proving Ground.

At 4 a.m. they’re “up and at ‘em”, readying their equipment for another day out in the bushes...trapping bald eagles.

In a joint cooperative effort with the United States Fish and Wildlife Service, the Directorate of Safety, Health and Environment, APG Wildlife and Marine Law Enforcement Division and the Center for Conservation Biology at William and Mary College are involved in the monumental task of trapping 64 bald eagles for the purpose of monitoring the nesting and migratory patterns of these majestic national birds.

“It’s a very involved process,” says Dr. Bryan Watts, Director of the Center for Conservation Biology at William and Mary College, as he and Fletcher Smith, also from the Center, gently fit a satellite tracking device on one of the birds.

“Each one of the eagles plays an important role in the recovery effort. There’s so much we still don’t know,” Watts said. “During various times of the year at Aberdeen Proving Ground, we have birds from up and down the east coast of North America; from northern Quebec and Labrador and all the way down to the Everglades in Florida. One of the birds we recently caught was banded this past summer in Quebec, and later on in the summer we’ll have eagles up here from the southern states. It’s very interesting, not only to the average

citizen but to the scientific community as well,” he said.

“Two of the immature eagles we trapped last fall are now down in southern Florida,” he said. “These satellite transmitters allow us to monitor their movement on a daily basis.”

“The folks here at APG have been a joy to work with,” Dr. Watts continued, “especially the guys from the Marine and Wildlife Section. They’ve been outstanding, selecting the locations and pre-baiting the sites for us. ”And Sam Voss [DSHE], he’s done a heck of a job.”

“It’s been a real challenge,” says George “Bart” Roberts, one of the APG Wildlife Officers assisting with the project and the photography. “They’re magnificent creatures. Just to hold one up close and look into their eyes...it’s awesome.”

Another of the wildlife officers, Charlie Volz, commented, “You’ve got to get your equipment set up and ready to go long before the sun comes up. Our windows of opportunity are limited by the training and testing missions here at APG...we just can’t afford to wait on good weather.”

“Now that the U.S. Fish and Wildlife Service has taken the bald eagle off of the Endangered Species List, this may very well be the last major study that will be done on bald eagles,” said John Paul, APG’s Endangered Species Biologist. “Aberdeen Proving Ground plays a key role in the bald eagle’s recovery effort. We’re one of the prime nesting areas in the mid-Atlantic region.”

“Thus far we’ve been able to capture somewhere in the neighborhood of thirty eagles,” commented Bart Paxton and Libby Mojica, also from William and Mary College. “The bald eagle is our nation’s symbol...hopefully the data we collect today will help us plan for tomorrow.”



Photo by GEORGE “BART” ROBERTS, APG WILDLIFE & MARINE LAW ENFORCEMENT



Photo by GEORGE “BART” ROBERTS, APG WILDLIFE & MARINE LAW ENFORCEMENT
The capture process involved netting the eagle prior to placement of the transmitter.



Photo by GEORGE “BART” ROBERTS, APG WILDLIFE & MARINE LAW ENFORCEMENT
The satellite transmitter helps track movements, feeding habits, migration, nesting territories and more to determine the population densities of bald eagles in the mid-Atlantic Regions of the United States.



Photo by GEORGE “BART” ROBERTS, APG WILDLIFE & MARINE LAW ENFORCEMENT
Securing a hood over the eagle’s eyes enables handler, Libby Mojica, biologist, College of William and Mary, to examine the overall health of the bald eagle (weight, wing measurements, talon measurements, general health, to include age). Placement of the transmitter does not interfere with the bird’s every day activities.



Photo by CHARLES VOLZ, APG WILDLIFE & MARINE LAW ENFORCEMENT
In a joint cooperative effort the U.S. Fish and Wildlife Service, the Aberdeen Proving Ground Directorate of Safety, Health and Environment, and the Center for Conservation Biology at William and Mary College are involved in the of trapping 64 bald eagles for the purpose of monitoring the nesting and migratory patterns of these majestic national birds.